Flowchart for arthritis

- sore right and left wrist
  - ice pack for 5 minutes
  - top and bottom of hands

- sore feet
  - ice pack for 5 minutes
  - top and bottom of feet

- after exercising legs
  - massage sore joints and muscles

- feet sore in mornings
  - warming up feet with exercises before getting out of bed
  - helps the feet with pain